

## SOFTBALL INFIELDER INTERVAL THROWING PROGRAM

Each phase is designed to increase endurance and strength throughout the progression. Every athlete progresses at different rates; therefore the "soreness rule" is used to prevent oversteering the soft tissue during progression.

1. Each step should be performed 2-3 times with one day rest between each session.
2. If no soreness, advance one step every 2-3 throwing days.
3. If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take two days off. Upon return to throwing, drop down one step.
4. If sore more than one hour after throwing or the next day, take one day off and repeat the most recent throwing program workout.
5. If sore during warm-up and soreness continues through the first 15 throws stop throwing and take two days off. Upon return to throwing, drop down to previous workout.

It is recommended to be properly warmed up prior to the start of a work-out. A suggested work-out format includes: 10 minute dynamic warm-up (jogging, biking, etc), complete shoulder stretches, and carry out designated throws for the appropriate step, complete peri-scapular strengthening exercises (high rep with low weight), repeat shoulder stretches, and finish with ice. Ice should be applied to the shoulder for 15-20 minutes following each step. Early supervision of the progression by an athletic trainer or rehabilitation professional is recommended.

If you are using this program as a return to throwing program due to an injury or surgery, you are to begin at phase one and progress through each phase.

### Phase I: Return to Throwing

- Complete a warm-up lap around the field before the start of each step
- Complete a 90 ft sprint before each set of throws
- Rest 8 minutes between sets
- All long tosses begin with a crow-hop

#### **Step 1**

- Warm up long tosses to 60 ft
- 20 throws at 30 ft
- Field Practice (50%)
  - 5 throws at 30 ft
  - 10 throws at 45 ft
  - 10 throws at 60 ft
  - 20 long tosses to 60 ft

#### **Step 2**

- Warm up tosses to 75 ft
- 20 throws at 45 ft
- Field Practice (50%)
  - 5 throws at 45 ft
  - 10 throws at 60 ft
  - 10 throws at 75 ft
  - 20 tosses to 75 ft

#### **Step 3**

- Warm up tosses to 90 ft
- 10 throws at 45 ft (50%)
- 10 throws at 60 ft (50%)
- Field Practice (75%)
  - 5 throws at 45 ft
  - 10 throws at 60 ft
  - 10 throws at 90 ft
  - 20 tosses to 90 ft

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### **Step 4**

- Warm up tosses to 120 ft
- 20 throws at 60 ft (50%)
- Field Practice (75%)
  - 5 throws at 60 ft
  - 10 throws at 90 ft
  - 10 throws at 120 ft
  - 20 tosses at 120 ft

### **Step 5**

- Warm-up tosses to 150 ft
- 20 throws at 60 ft (75%)
- Field Practice (75%)
  - 5 throws at 90 ft
  - 10 throws at 90 ft
  - 5 throws at 120 ft
  - 5 throws at 150 ft
  - 5 throws at 150 ft
  - 20 tosses to 150 ft

### **Step 6**

- Simulated Game
- Warm-up tosses to 180 ft
- 20 throws at 60 ft (50%)
- Field Practice (100%)
  - 5 throws at 90 ft
  - 5 throws at 120 ft
  - 5 throws at 180 ft
  - 20 throws to 150 ft